FROM GIRLHOOD TO WOMANHOOD

Mothers Should Watch the Development of Their Daughters-Interesting Experiences of Misses Borman and Mills.



Every mother possesses information ache, and as I have heard that you can give which is of vital interest to her young

Too often this is never imparted or is withheld until serious harm has result-

When a girl's thoughts become slug-gish, with headache, dizziness or a disposition to sleep, pains in back or lower limbs, eyes dim, desire for solitude; when she is a mystery to herself and friends, her mother should come to her aid, and remember that Lydia E. Pinkham's Vegetable Compound will at this time prepare the system for the coming change, and start the menstrual period in a young girl's life without pain or irregularities.

Hundreds of letters from young girls and from mothers, expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for them, have been received by the Lydia E. Pinkham Medicine Co., at Lynn, Mass.

Miss Mills has written the two fol-lowing letters to Mrs. Pinkham, which will be read with interest :

Dear Mrs. Pinkham: -(First Letter.) helpful advice to girls in my condition, I am writing you."—Myrtle Mills, Oquawka, Ill. Dear Mrs. Pinkham:— (Second Letter.)
"It is with the feeling of utmost gratitude

withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful laws and penalties.

Girls' over-sensitiveness and modesty often puzzle their mothers and baffle physicians, as they so often withhold their confidence from their mothers and conceal the symptoms which ought to be told to their physician at this critical period.

When a girl's thoughts becomes the withholds and conceal the symptoms which ought to be told to their physician at this critical period.

When a girl's thoughts becomes the control of the cont

Pinkham as follows:

Dear Mrs. Pinkham: "Before taking Lydia E. Pinkham's Vege-table Compound my monthlies were irregu-lar and painful, and I slways had such dreadful headaches.

"But since taking the Compound my head-aches have entirely left me, my monthlies are regular, and I am getting strong and well. I am telling all my girl friends what Lydia E. Pinkham's Vegetable Compound has done for me."—Matikia Borman, Farmington, Iowa.

If you know of any young girl who is sick and needs motherly advice, ask her to address Mrs. Pinkham at Lynn, Mass., and tell her every detail of her symptoms, and to keep nothing back. She will receive advice absolutely free. from a source that has no rivel in the experience of woman's ills, and it will, if followed, put her on the right road to a

strong, healthy and happy wormunhood.
Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of cures of female ills of any "I am but fifteen years of age, am depressed, medicine that the world has ever have dizzy spells, chills, headache and back- knows. Why don't you try it?"

Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well.

They Met a Bear.

Ernest Orsborn and Bud Arnold, ot Comptche, report one of the closest calls of the season in a bear fight. For some time a large bear has been bothering their stock, and they had made several ineffectual attempts to find Bruin, but could not locate him. This week they started out and got the track on Big River, near the Horse opening.

While they were waiting for the hounds and sitting comfortably on a log, something appeared behind them and knocked Orsborn's gun cut of his hand. Before he had recovered from his surprise he was engaged in a hand-to-hand encounter with the bear, which had doubled on the dogs and come back on the hunters.

One blow of the bears paw broke the gun in two and bent the barrel. The fight was so fierce that Arnold had to wait several minutes before he dared to risk a shot, for fear of killing his companion. Orsborn finally begged him to shoot anyway, as he said he would rather be shot than killed by a bear. Fortunately Arnold was able to hit the tear, the bullet just glazing Orsborn's arm, and the combatants rolled over on the ground, The bear was one of the biggest ever killed in that section .- San Francisco Chronicle.

THE MISSING INGREDIENT.

"There ought to be a good deal or money in pork sausages like this." grumbled the regular patron, scowling at the mess on his plate.

"No, sir." responded the waiter, with a cheery, open faced smfle; "but I guess it's got about everything else in it."-Chicago Tribune.

In 1805 the world had not a single steamship on the ocean, a single mile of railway on land, a single span of telegraph upon the continents or a ringle foot of cable beneath the

FITSpermanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great NerveRestores, #2trial bottleand treatise free-Dr.R. H. KLINE, Etd., 981 Arch St., Phila., Pa

Paris will soon have a Mchammedan

Mrs. Wins ow's Soothing Syrup for Children teething, oftens thegums, reduces aflamma-tion, alias spain, cures wind colic, 25c, a bottle

Electricity is fatal to the discermment of certain colors.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.-N. W. SAMUEL, OceanGrove, N. J. Feb. 17, 190.

There age plenty of lions in southern

Beware of Ointments For Catarrh That Contain Mercury,

as mercury will surely destroy the sense of smell and completely derange the wholesystem when entering it through the mucous surfaces. Sucharticlesshould never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists; price, 75c, per nottle: Take Hall's Family Pills for constipation,

HIS PROGENITOR.

"Well," said Dumley, self-comptacently, after his first after-dinner speech, "you didn't think I could" speak, did you?"

"I confess," replied Knox, "that I' can't think of anything so marvelous that has happened for years. Not since Balaam's time, in fact."--Philadelphia Press.

Taylor's Cherokee Remedy of Sweet Gamand Mullen is Nature's great remedy—Cures-Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25e., 50c. and \$1.00 per bottle.

None Like the Old One. "While he was under thirty his parents had too much sense to let him.

"Yes." "While he was under fifty he had too much sense to wed.'

"I see." "Now that he's eighty-five-" "Well?"

marry."

"He's going to take a wife."-Louisville Courier Journal.

"Let the Men Cook."

A Virginia paper ventures the opin-

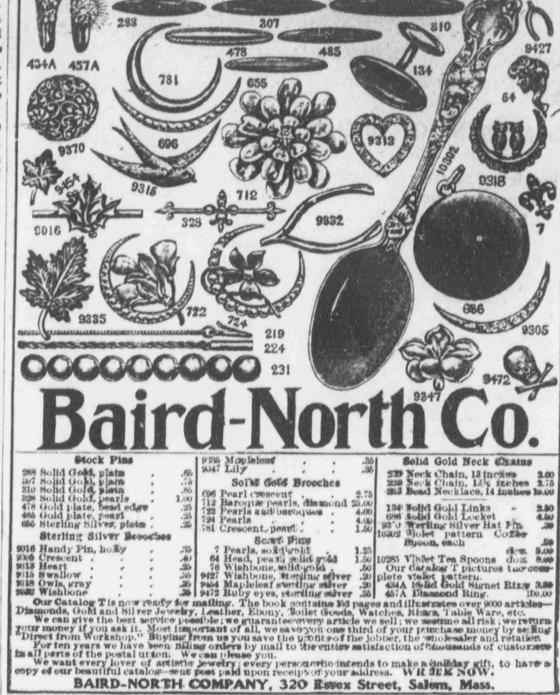
ion that "lots of young girls who are devoting lots of time to music lessons will learn after marriage that cooking is a more valuable accomplishment that thumping a plane."

Cooking? Not on your life. And not much plano playing, either. The dear girls will be in commercial life or on the vaudeville "stoige." Let the men cook for themselves. All they're fit for.-Cincinnati Enquirer.

PAYING FOR YEARS. "Will Spender ever get out of iebt?"

"Not now. He has started to buy an automobile on the weekly payment plan."-Columbus Dispatch.

ONE GOOD POINT.



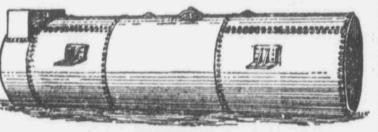
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BAIRD-NORTH COMPANY, 320 Rissex Street, Salem, Mass.

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FOR WOMEN troubled withills peculiar the troubled withhills peculiar to their sex, used as a douche is marvelously successful. Thereughly cleanees, brills disease germa, stops discharges, heals inflammation and local soreness, cures leucorrhesa and assal catarrh.

Paxtine issis powder forms to be dissolved in parawater, and is-fax more clearating, healing, germinedal and economisal than liquid assissables for all TOILE RAND WOMEN'S SPECIAL USES

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PISO'S CURE FOR CORES WHERE ALL ELSE FAILS.

A. Clough Syrus. Traces Good. Uses
in time. Beill by druggiets. CONSUMPTION





The Sir Knight \$4 Shoe FOR MEN-

> IS "THE LIMIT IN LEATHER." IF YOUR DEALER SAYS "NO" WRITE US.

orthoimor Amueta Show M



DOUGLAS *3.ºº & *3.ºº SHOES 🕅 W. L. Douglas \$4.00 Cilt Edge Line cannot be equalled at any price.



\$10,000 REWARD to anyone who can disprove this statement. W. L. Douglas \$3.50 shoes have by their excellent style, easy fitting, and superior wearing qualities, achieved the largest sale of any \$3.50 shoe in the world. They are just as good as those that cost you \$5.00 to \$7.00 — the only difference is the price. If I could take you into my factory at Brockton, Mass., the largest in the world under one roof making men's fine shoes, and show you the care with which every pair of Douglas shoes is made, you would realize why W. L. Douglas \$3.50 shoes are the best shoes produced in the world.

If I could show you the difference between the shoes made in my factory and those of other makes, you would realize why W. L. Douglas \$3.50 shoes are the best shoes made in my factory and those of other makes, you would understand why Douglas \$3.50 shoes cost more to make, why they hold their shape. It better, wear longer, and are of greater intrinsic value than any other \$3.50 shoes on the market to-day.

W. L. Douglas Shoes are thone for Shoos shoes shoes. Take no substitute. None genuine rithout his name and price stamped on bottom.

WANTED, A shoe dealer in every town where W. L. Douglas Shoes are not sold. Full line of W.

WANTED. A shoe dealer in every town where W. L. Douglas Shoes are not sold. Full line of samples sent free for inspection upon request. Fast Color Eyelets used; they will not wear brassy.
[Write for Illustrated Catalog of Fall Styles.

EXACTLY 30.

"Pa," said little Willie, witer had been reading a cigar store advertisement, "what's "Imported and domestic?"

"A servant girl," replica Pa, promptly.-Philadelphia Press.

A Trite Reply.

A girl in Gaylord, Kan., was told by one of her admirers that, if she didn't marry him, he'd get a rope and hang himself right in front of her house. "Oh, please don't do it, dear," she said, "you know father doesn't want you hanging around here."

There is a fine opportunity in this vicin-ity to take orders for the celebrated White Bronze monuments, headstones, grave covers, etc., made by The Monumental Bronze Company, 392 Howard Ave., Bridge-It is a good, legitimate business, and they offer very liberal inducements. Someone should write them for the agency.

A Big Sounder.

One invention sometimes makes another necessary. A gramophone which can be heard a distance of three miles is the latest. Now, what is needed is a sound deadener with a three-mile range, to smother the noise of the gramophone.

MOZLEY'S LEMON ELIXIR

-A SURE CURE FOR-CONSTIPATION, SILIOUSNESS

and all disorders of the Stomach and Bowels. Soc, a bottle at Arug stores.



CURES | 50c. and \$1.00. **Swine Disease** and Hog Cholera

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CATARRH is the mother of CONSUMPTION.

"Was his flying machine a suc-